



Recognize a different type of hunger

Learn about the signs of constant, hard-to-control hunger

Hunger is a natural and important feeling, but not all hunger is the same. Constant, hard-to-control hunger that does not go away is called **hyperphagia** (pronounced hi-per-FAY-juh).

Hyperphagia and sustained weight gain can be unique symptoms of acquired hypothalamic obesity (HO), a specific medical condition that can happen after part of the brain is injured. Not everyone with acquired HO experiences hyperphagia, but those who do often describe it as feeling different from anything they have ever felt.

Hunger before acquired HO

- Feeling hungry between meals
- Having cravings and increased appetite from time to time
- Eating past fullness at big occasions like Thanksgiving

VS

Hunger with acquired HO

- Feeling hungry all the time
- Having continual thoughts about food
- Eating throughout any given day because you never feel full
- Eating to feel less hungry, but never achieving a feeling of fullness

Experiences with hyperphagia can vary, and it can range from mild to severe. With time, individuals may learn to cope with behaviors and emotions brought on by hyperphagia, but the feeling of hard-to-control hunger does not go away.



If you've noticed weight gain or increased hunger after your brain tumor or brain injury, don't wait to discuss these changes with your doctor. The sooner acquired HO is identified, the sooner you and your doctor can take steps to manage it.



Could you have hyperphagia?

Before reviewing some of the signs of hyperphagia, please answer the questions below.

Do you:	Yes	No
Have a history of a brain tumor or brain injury?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, has there been a noticeable change in your hunger?	<input type="checkbox"/>	<input type="checkbox"/>

Now, use this checklist to help identify the signs of hyperphagia.

Do you:	Yes	No
Get upset about not getting food?	<input type="checkbox"/>	<input type="checkbox"/>
Feel depressed or other intense emotions when food is not available?	<input type="checkbox"/>	<input type="checkbox"/>
Want more food even after eating a full meal because you're still very hungry?	<input type="checkbox"/>	<input type="checkbox"/>
Sneak or hide food, or take food from others?	<input type="checkbox"/>	<input type="checkbox"/>
Wake up asking or searching for food during the night?	<input type="checkbox"/>	<input type="checkbox"/>
Stay awake at night because of hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Seem preoccupied with food or talk about food a lot?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty concentrating due to hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty with daily activities and social interactions due to hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Have trouble participating in recreational activities because of hunger?	<input type="checkbox"/>	<input type="checkbox"/>
Find that hunger impacts your relationships with family or friends?	<input type="checkbox"/>	<input type="checkbox"/>

Note: Not everyone with acquired HO will have all these symptoms of hyperphagia.

Even if you answered no to some of these questions, bring your answers to your next appointment. Ask your doctor about these changes and behaviors and what may be the cause, including whether they could be signs of acquired HO.

To learn more about acquired HO and prepare for a conversation with your doctor, visit HO.DifferentObesity.com or scan the QR code to the right.

